



2015 HOKA OneOne SuperClinic Schedule

Saturday, 31 January – Sacramento City College

8:00-9:00am: registration and visit vendors displays and pick-up gifts in outdoor foyer of Lillard Hall
(Lillard Hall is located in the SW corner of Sacramento City College near the intersection of Freeport and Sutterville Roads)

9:00-9:15am: Presentation of Pacific Association Legacy Coach Award, plus welcome and orientation in outdoor foyer of Lillard Hall

- Coaches are encouraged to attend different event groups based on interest
- Presentation notes available at each session

Session	Rm	Event Group	Speaker	Topic
Session 1 9:20-10:45	101	Sprints-Hurdles	Rick Sloan	Analysis of the Start
	103	Endurance	Peter Thompson	Preparation for the 800m
	201	Throws	Suzy Powell-Roos	A Systematic Approach to Throwing the Discus
	203	Jumps	Ed Miller	Drills for the Jumps
	205	Special Topics	Larry & Adam Eder	Using Social and Digital Media as Coaching Tools
Session 2 11:00-12:30	101	Sprints-Hurdles	Joy Upshaw	Beginning Hurdles
	103	Endurance	Jay Johnson	What I Have Learned From the <i>High School Running Coach</i> Site
	201	Throws	Brian Masterson	Stability Training of Young Athletes as Applied to the Linear Shot
	203	Jumps	Rick Sloan	Understanding the High Jump
Lunch 12:30-1:30	Remember to visit our vendor's displays in the outdoor foyer! 12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101 1:15pm - vendor raffle in foyer			
Session 3 1:45-3:15	101	Sprints-Hurdles	Roosevelt Kent	Teaching Sprint Progression for HS/Youth Athletes
	103	Endurance	Diljeet Taylor and Tena Harms	Gender Effective Coaching
	201	Throws	Mike Buncic	Learning Progression for the Discus
	203	Jumps	Ed Miller & Rick Sloan	Introducing HS/Youth Athletes to the Combined Events: Talent Identification & Training Schedules
	205	Special Topics	Dr. Adam Teforde	Prevention of Stress Fractures in Young Runners
Session 4 3:30-5:00	101	Sprints-Hurdles	Michael Reid	The Science of Sprinting for Non - Scientists
	103	Endurance	Jay Johnson	Training Athletes vs. "Lungs with Legs"
	201	Throws	Mike Curry	How to Start an Effective HS throws Program and HS Hammer Throw
	203	Jumps	Leo Sacramento	Getting the Most out of High School Triple Jumpers of Different Ability Levels

full clinic info: <http://www.pausatf.org/coaches/2015-west-coast-track-field-super-clinic/>